



... for parents



2.5 Remi adds to his toolbox

Finding ways to deal with difficult situations

Your child has taken part in an OFF-TRAIL workshop designed to help them **find ways to cope with a difficult situation.**

DID YOU KNOW?

Faced with a problematic situation, have you ever just frozen? For many people, today's life is too fast-paced for them to fully adapt. A certain degree of anxiety can happen, often leading to a spiral of inaction (Rao and Napper, 2019).

NOW IT'S UP TO YOU!

To help your child take a step back and seek the necessary means to cope with a difficult situation, you can assist them in using the following strategies (Rao and Napper, 2019):

- Get away from screens and go for a walk to improve concentration;
- Turn to people you trust for help;
- Take a little time to observe what's going on inside you: your sensations, emotions and thoughts;
- Get moving! Do some physical activity to take your mind off things;
- Manage stress using strategies such as meditation, relaxation and drawing;
- Learn to trust yourself and keep trying, accepting the risk of making mistakes.

To hear this content:



Find out more about the OFF-TRAIL program:



Financial contribution from



Public Health Agency of Canada
Agence de la santé publique du Canada

Centre intégré de santé et de services sociaux de la Montérégie-Centre
Québec

UDS Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale

August 2024



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